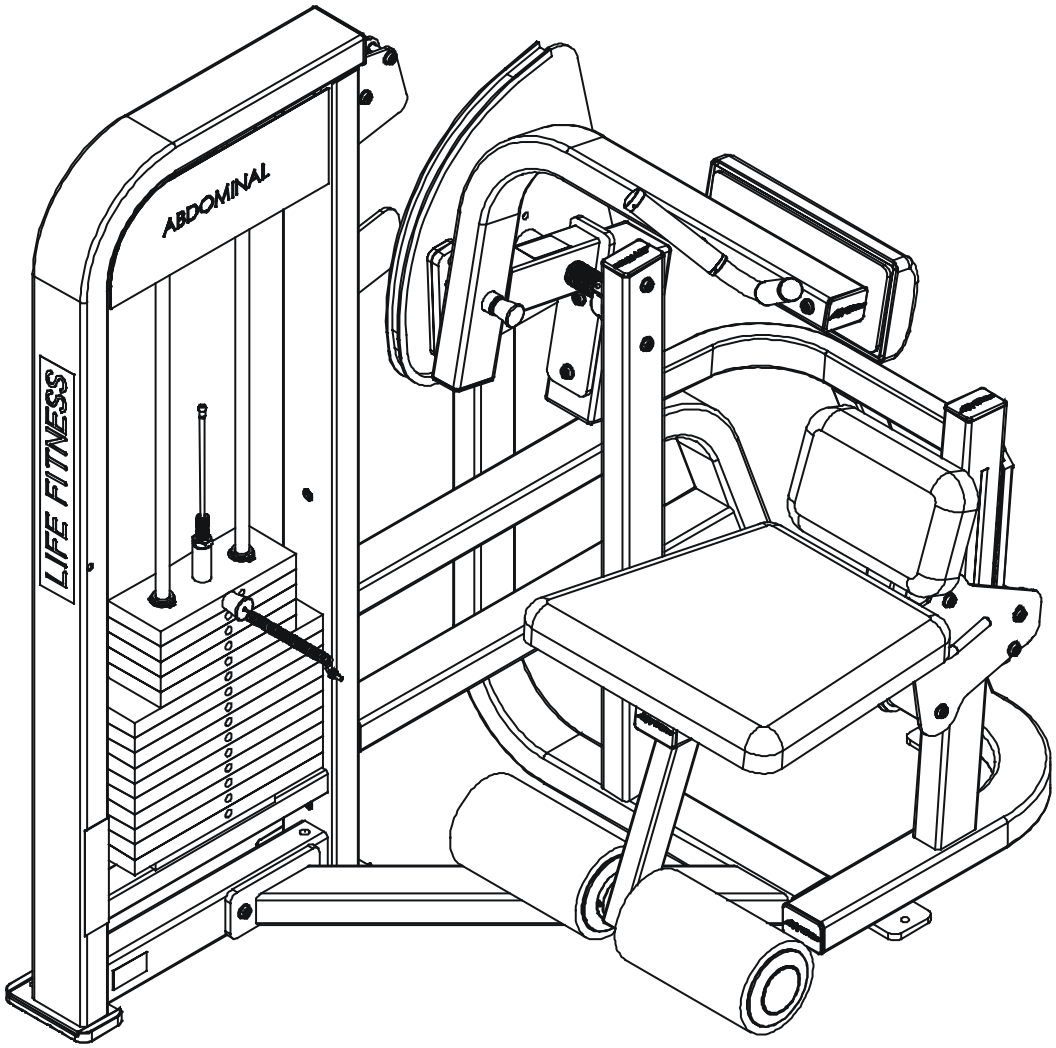
LifeFitness

PRO SERIES II

PSABSE ABDOMINAL CRUNCH



Customer Support Services

PARTS MANUAL

PSABSE ABDOMINAL CRUNCH

Notes:

PSABSE ABDOMINAL CRUNCH
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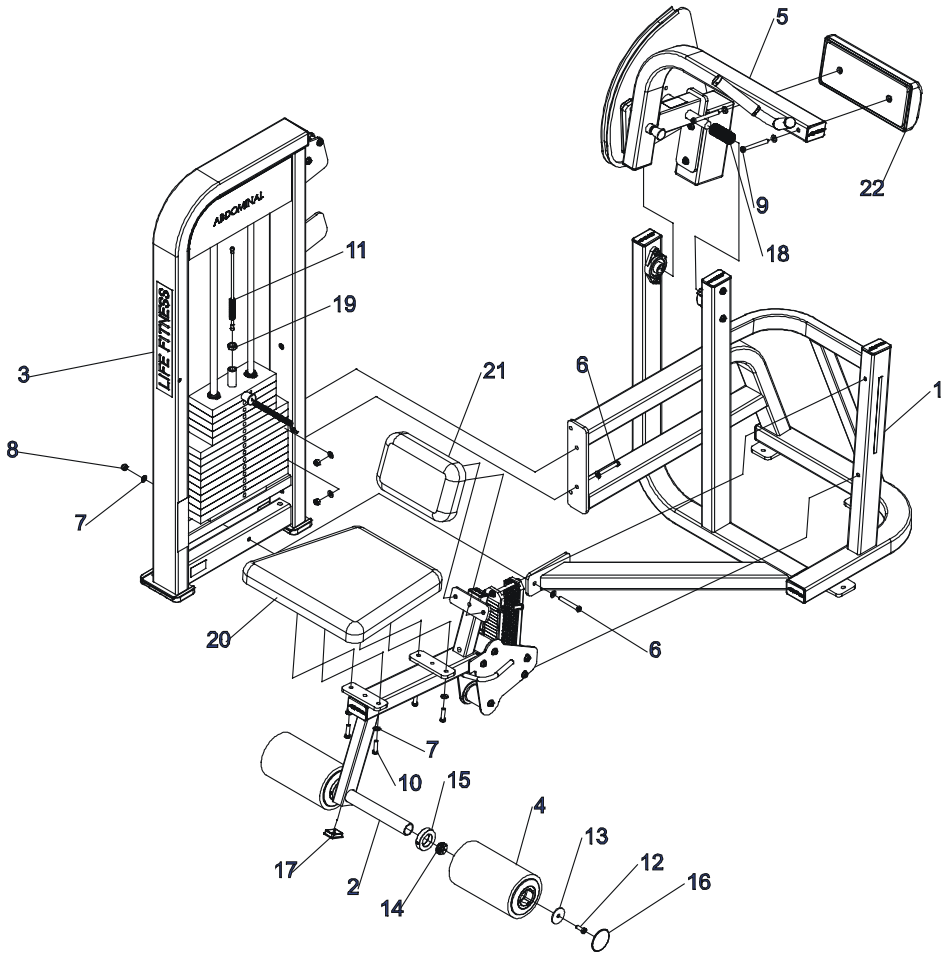
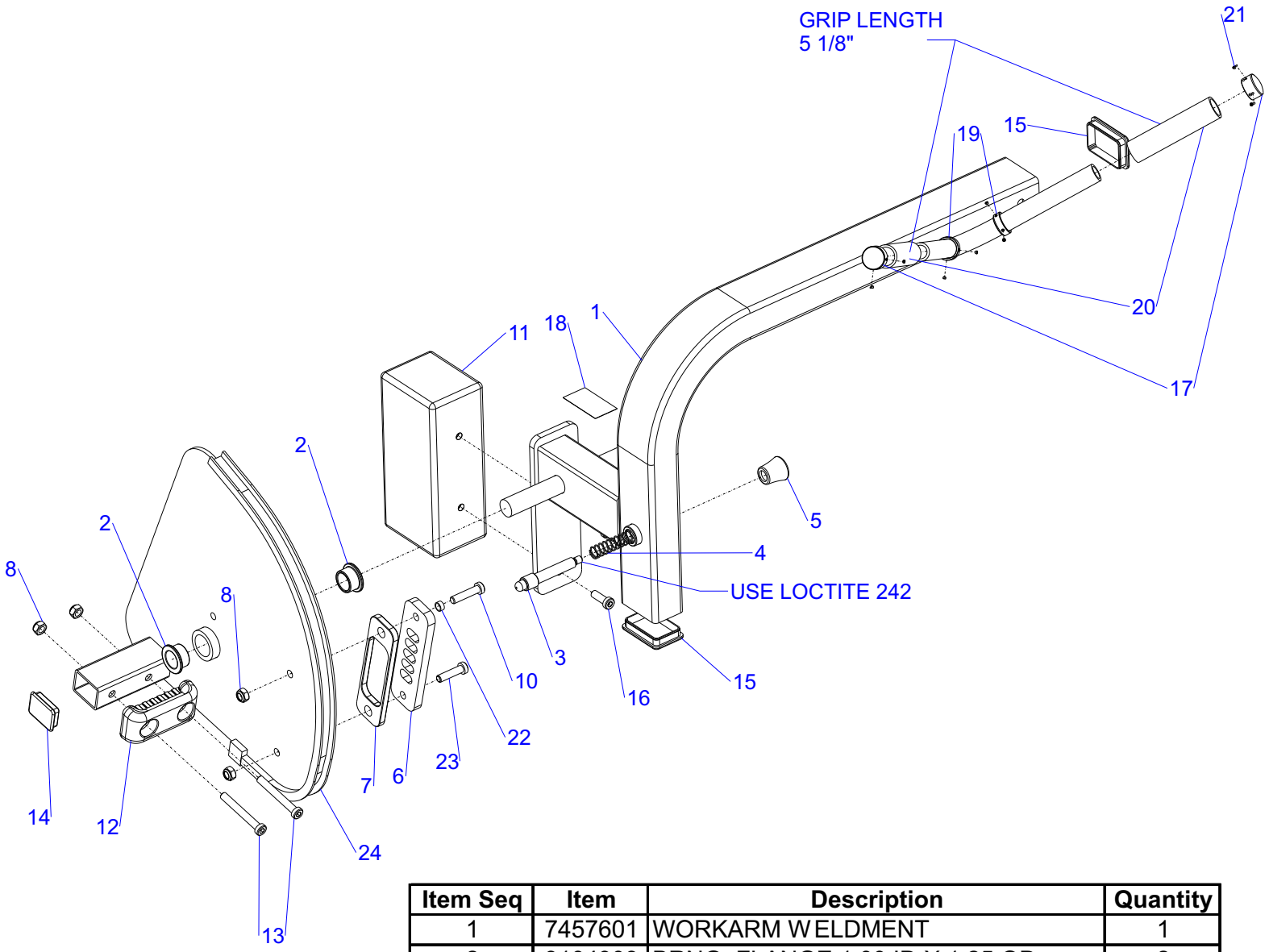
PSABSE ABDOMINAL CRUNCH

COMPONENT ASSEMBLY



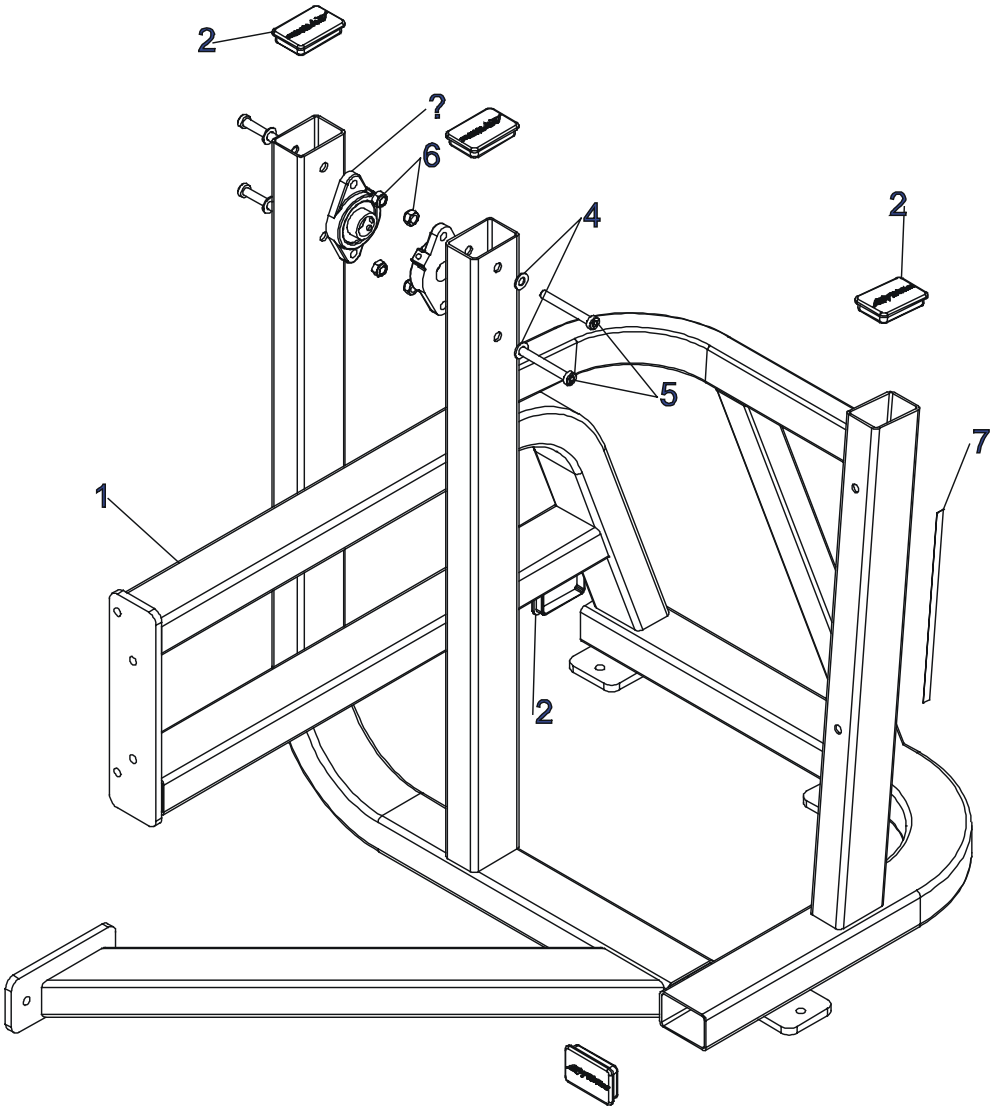
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	RMA	ASSY, PSAB MAIN FRAME
2	1	7456101	ASSY, PSAB ADJ. SEAT
3	1	RMA	ASSY, PSAB SIDE FRM
4	2	7424701	ASSY, ROLLER PAD - SHORT
5	1	7457501	ASSY, PSAB WORKARM
6	3	3236212	SCREW, M10 X1.5 75MM
7	14	3236601	WASHER, 3/8 SAE SS
8	3	3236801	NUT, M10 HEX NYLOCK SS
9	2	3236217	SCREW, M10 X1.5 100MM
10	6	3236204	SCREW, M10 X1.5 35MM
11	1	7423706	CABLE, PSAB
12	2	3236202	SCREW, M10 X1.5 25MM
13	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
14	2	7347301	NUT, SPIDER M10 X 1.5
15	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
16	2	7308701	CAP, BEARING HOUSING
17	1	7352201	CAP, END 1-1/2 X 2
18	1	6912806	SLEEVE, ACCRDN 1.0 ID
19	1	3236902	NUT, M16 X 2 HEX JAM SS
20	1	7399101	PAD, 17 X 18 1/2
21	1	7399300	PAD. 7 X 11-1/4
22	1	7422200	PAD, AB CHEST



Item Seq	Item	Description	Quantity
1	7457601	WORKARM WELDMENT	1
2	3104903	BRNG, FLANGE 1.00 ID X 1.25 OD	2
3	7351301	PIN, PULL	1
4	7351501	SPRING; PULL PIN LARGE	1
5	7351401	KNOB, TULIP STYLE	1
6	7352501	5-HOLE SELECTOR PLATE	1
7	7350901	PLATE, SLOT STOP	1
8	3236801	NUT, NYLOCK M10 X 1.5 SS	4
9	3236601	WASHER,3/8 SAE STAINLESS STEEL	8
10	3236206	M10 X 1.5 X 45 HXS SOC CS SS	1
11	7365801	WEIGHT, COUNTER LG	1
12	7352001	BUMPER, 2-1/8 X 4-5/8	1
13	3236213	M10 X 1.5 X 80 HXS SOC CS SS	2
14	7352201	CAP, END 1-1/2 X 2	1
15	7352301	CAP, END 2 X 3	2
16	3236203	M10 X 1.5 X 30 HXS SOC CS SS	2
17	7662901	CAP, GRIP 1.25 OD	2
18	7422003	LABEL, MOVING PARTS	1
19	7662801	RING, GRIP 1.25 OD	2
20	3235801	GRIP, 1.25 OD OPEN END	0.142
21	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO	8
22	7489402	BSHNG,.500 OD X .402 ID X .235	1
23	3236205	M10 X 1.5 X 40 HXS SOC CS SS	1
24	7458201	Cam Weldment	1

PSABSE ABDOMINAL CRUNCH

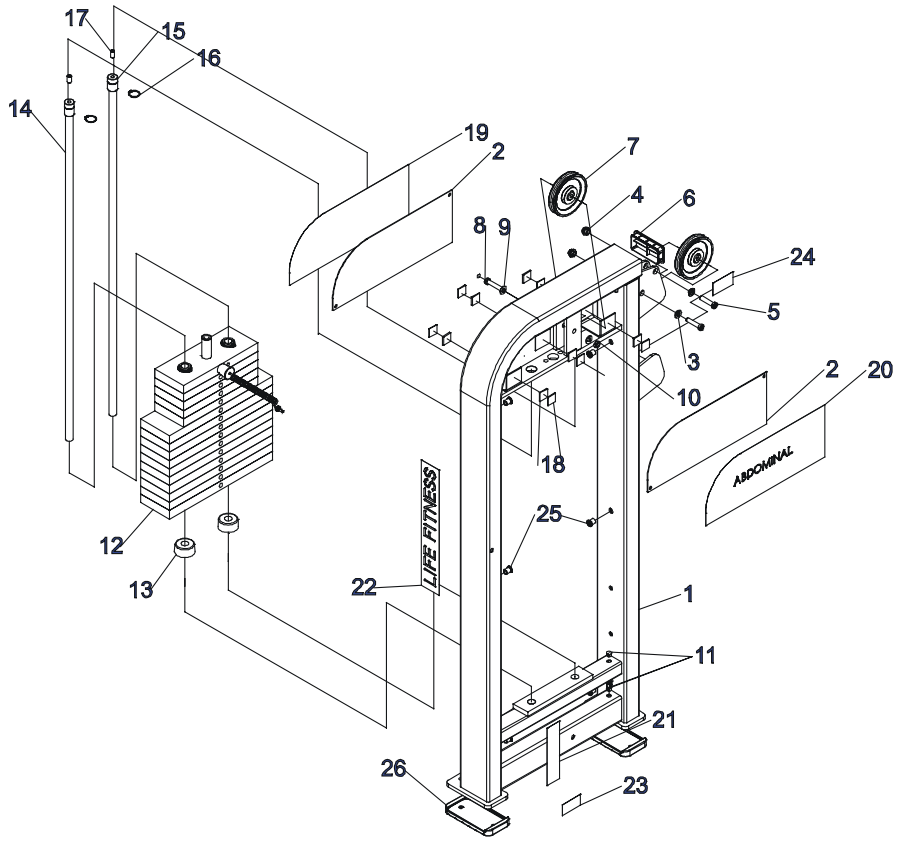
MAIN FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7454901	WELDMENT, PSAB MAIN
2	5	7352301	CAP, END 2 X 3
3	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
4	4	3236601	WASHER, 3/8 SAE SS
5	4	3236213	SCREW, M10 X1.5 80MM
6	4	3236801	NUT, M10 HEX NYLOCK SS
7	1	7422002	LABEL, SEAT ADJUST

PSABSE ABDOMINAL CRUNCH

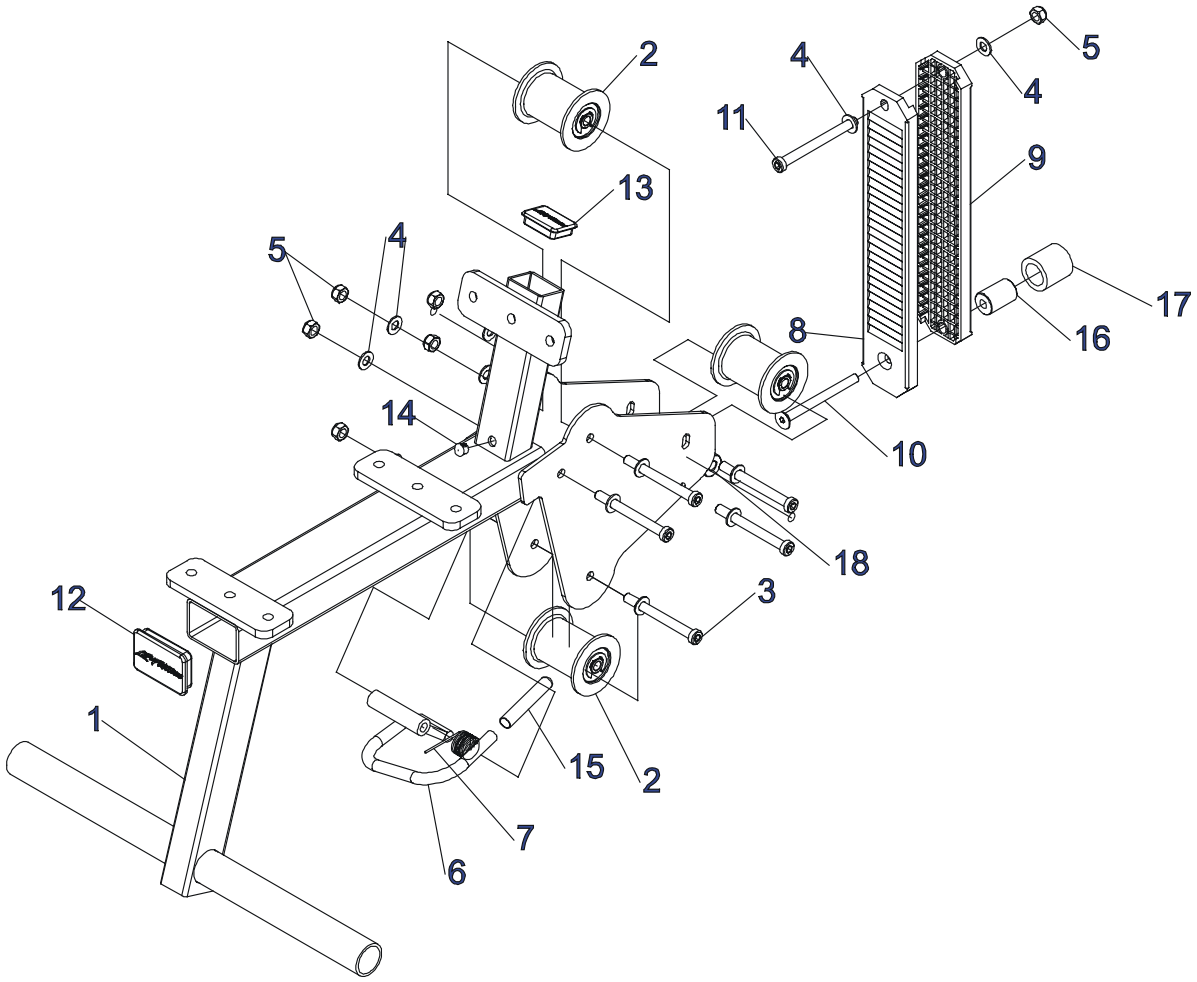
SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7457101	WELDMENT, PSAB STACK
2	2	7353201	COVER, STACK STD
3	2	7348101	WASHER, SPACER
4	2	7335401	NUT, M10 X 1.5 SOCKET HEAD
5	2	3236206	SCREW, M10 X1.5 45MM
6	1	7352401	CAP, END 2 X 4
7	2	3237801	PULLEY, 4.5" OD
8	1	3236208	SCREW, M10 X1.5 55MM
9	2	3236601	WASHER, 3/8 SAE SS
10	1	3236901	NUT, M10 X 1.5 JAM
11	6	3237401	PLUG, 7/16" HOLE
12	1	7353401	ASSY, 200LB STACK
13	2	7352101	CUSHION, WEIGHT STACK
14	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
15	2	7402301	RETAINER, GUIDEROD
16	2	3232421	RING, BRE .940, 5100-100 ST PP B
17	2	3240501	M10 X 1.5 HXS NO CUP ST BO
18	12	7544201	PAD, DUAL LOC 400, 1" X 1"
19	1	7491701	LABEL, PSAB LOGO PANEL
20	1	7490101	LABEL, PSAB PLACARD
21	1	7422004	LABEL, 2" ASTM WARN
22	1	7348001	LABEL, LIFE FITNESS LOGO
23	1	7422007	LABEL, SERIAL NO
24	1	7422003	LABEL, MOVING PARTS
25	6	3238101	NUT, BLIND INSERT M10 X 1.5
26	2	7388201	Footpad, PS Rubber

PSABSE ABDOMINAL CRUNCH

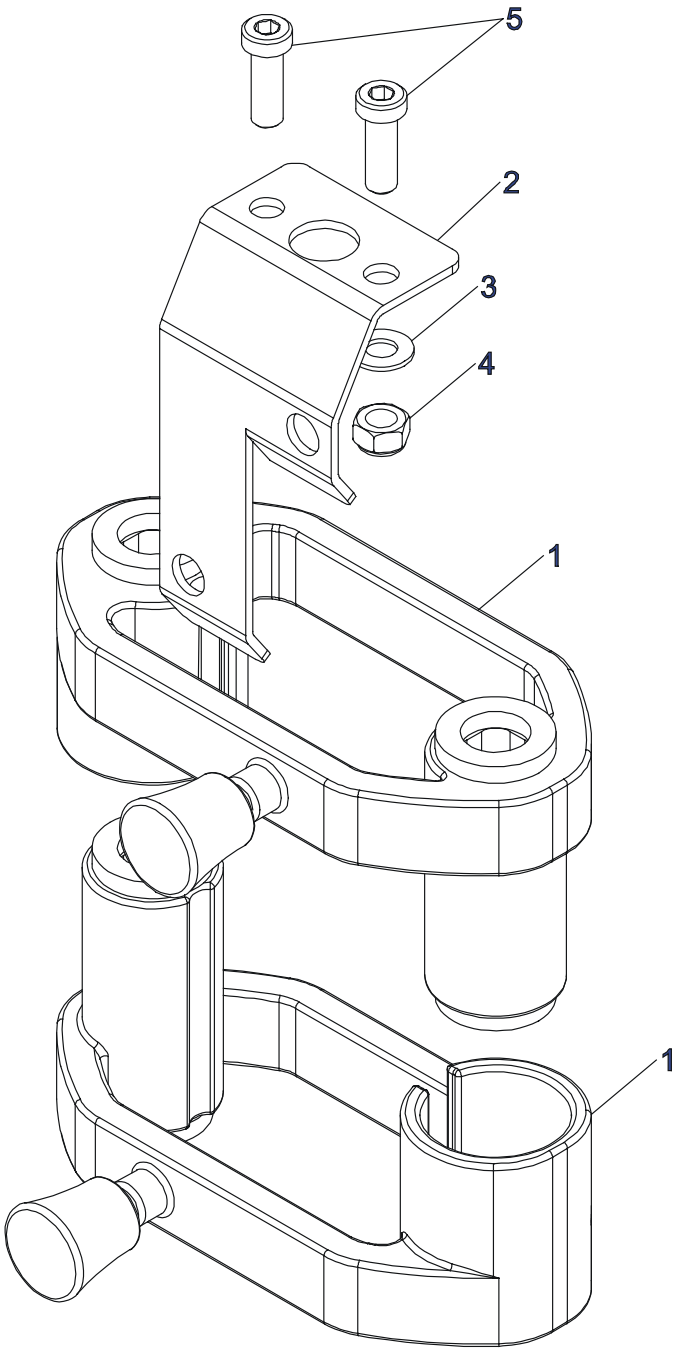
ADJUSTABLE SEAT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7456201	WELDMENT, PSAB ADJ. SEAT
2	3	7564201	ASSY, SEAT ROLLER
3	5	3236217	SCREW, M10 X1.5 100MM
4	12	3236601	WASHER, 3/8 SAE SS
5	6	3236801	NUT, M10 HEX NYLOCK SS
6	1	7456895	WLDMT, PSAB PNTD SEAT HANDLE
7	1	7442701	SPRNG, PRO2 HANDLE TORSION
8	1	7564301	SEATRACK, ROLLER SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3238318	M10x1.5x110mm
11	1	3236218	SCREW, M10 X1.5 110MM
12	1	7352301	CAP, END 2 X 3
13	1	7352201	CAP, END 1-1/2 X 2
14	1	3237401	PLUG, 7/16" HOLE
15	1	3238502	CAP, 1/2 X 5/8
16	1	7570601	STOP, ROLLER SEAT
17	1	3235802	GRIP, SHADOW GRAY, 1.5"
18	1	7570701	STOP, AB ROLLER SEAT

PSABSE ABDOMINAL CRUNCH

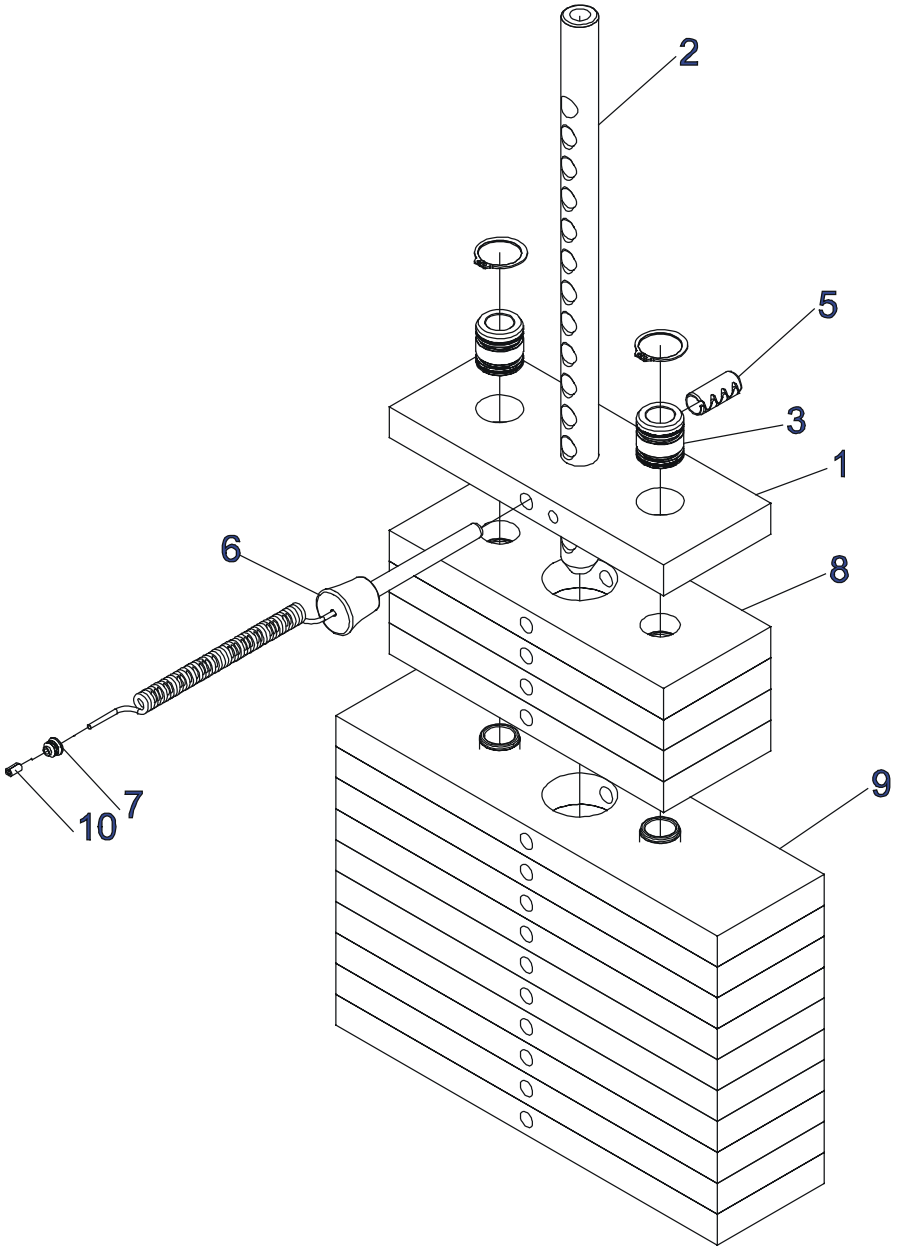
INCREMENT WT W/STRIKER



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7446501	ASSY, 5LB INCREMENT WEIGHT
2	1	7447101	PLATE, INCR. WT STRIKER
3	2	3236601	WASHER, 3/8 SAE SS
4	2	3236801	NUT, M10 HEX NYLOCK SS
5	2	3236203	SCREW, M10 X1.5 30MM

PSLESE LEG EXTENSION

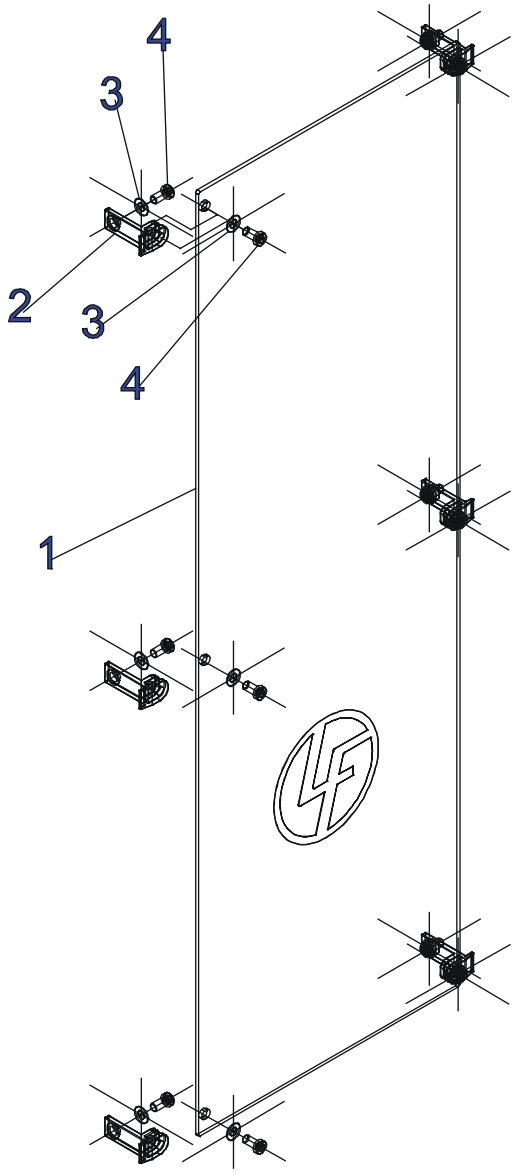
WEIGHT STACK ASSY 200LB



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE

PSLESE LEG EXTENSION

SHROUD KIT STD-SHORT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7376801	SHIELD, PS REAR
2	6	7655301	BRACKET, PS REAR
3	12	3236601	SHIELD
4	12	3236203	SCREW, M10 X1.5 20MM